



GOT A BEEF?
GRIPER WHEN YOU'RE
ALONE: EXPERT {page 15}



RUINED?
WONDER WOMAN
GETS MAKEOVER
NEW LOOK, STORY {page 8}



EDMONTON

metro®

Monday, July 5, 2010
www.metronews.ca



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Man nabbed in senior's beating

► Police find suspect sleeping on patio ► Arrested after Canada Day attack on 92-year-old woman

Police have arrested a 36-year-old man in connection with a break and enter and assault of a 92-year-old woman on Canada Day.

"Due to some excellent investigative work by all members of the EPS, especially West and Downtown divisions, a suspect has

been arrested in connection with the assault," said Patricia Thenu in a media release.

Police found the suspect

yesterday morning at about 2:30 a.m. sleeping on a patio at 117 Street and 100 Avenue. He allegedly resisted arrest and

sustained some non-life-threatening injuries.

The incident occurred at about 2 p.m. near 100 Avenue and 150 Street.

Due to legal reasons, police are not able to release a name or charges at this time.

● METRO EDMONTON

CFL. Tackled



► Edmonton Eskimo Efrem Hill, left, is tackled by BC Lion Stanley Franks during CFL action in Edmonton last night. Story, page 18.

Lions get revenge on Eskimos for preseason, 25-10

Family

Home test measures sperm

► Faulty sperm can be to blame for lack of conceptions, says doctor {page 11}

Local troupe Vegas-bound?

Dancers need cash to make hip-hop championship {page 2}

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news



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On the web at metronews.ca

Gudy Mamann finds plenty to be skeptical of in new refugee reform law, at metronews.ca/immigration

Man dies in rollover

An Edmonton man is dead after a two-vehicle rollover on a rural road early Saturday morning.

Police say two groups of friends left a party near Calmar on Saturday morning and were driving side-by-side just before 4 a.m. on Range Road 272 between Township Roads 503 and 504 when the drivers of both vehicles lost control and rolled into ditches on either side of the road.

According to police,

there were four people in a Ford Explorer. Two men were thrown from the SUV, and one of them, a 20-year-old from Edmonton, was pronounced dead at the scene. The second ejected passenger, a 16-year-old from Devon, is in hospital suffering from serious but non-life-threatening injuries.

The two other passengers in the Explorer weren't hurt.

In the other vehicle, a

Ford Escort, the 20-year-old male driver was taken to hospital with non-life-threatening injuries and the two female passengers were not hurt.

The driver of the SUV, an 18-year-old from Devon, has been charged with six offences, including impaired operation causing death.

Police are continuing with the investigation and charges are pending against the driver of the Ford Escort. **METRO EDMONTON**

News in brief

Youth killed in quad accident

COLLISION. One youth is dead and another two are injured after a collision involving a quad near Long Island Lake on Saturday.

Ashton Parrish, 15, of Sturgeon County, was pronounced dead at the scene. Two male 14-year-olds had serious but non-life-threatening injuries.

METRO EDMONTON

Man rescued from pothole

STREETS. An Edmonton man who has spent most of his life in a wheelchair thought he was going to die when he got stuck in a pothole and tipped over into a puddle of water.

Luckily, neighbour Adam Mohl spotted Zuk in distress and rushed to help. Mohl helped Zuk and then called 911 as a precaution.

City officials said the pothole will be filled.

THE CANADIAN PRESS

Dancers seek a little help for Vegas hop

► Fly Girlz holding fundraiser to attend world hip hop championships



ANDREAS MORSE
@METRONEWS.CA

A local dance troupe is about to soar into Vegas for the 2010 World Hip Hop Dance Championships, and they need your help to get there.

The Fly Girlz dance crew is made up of seven (sometimes eight) women between the ages of 18 and 31, and now's their chance to compete against the best in the world.

"We went to Vancouver in May and won the Canadian qualifiers," said Asha Marshall, a two-year member of the group.

Marshall said the Fly Girlz are all very passionate about the competition, but flying to Vegas isn't cheap for a local dance crew.

Cruisin' crew

Tickets available for Thursday night.

► Tickets for the fundraiser are \$20. You can get them at Earls Tin Palace tomorrow night at 10 p.m., where the Girlz will be performing at a patio party, or by phoning 780-233-9400.

The troupe is hosting a fundraiser party at Diesel Ultra Lounge on Thursday night.

"We're basically just throwing a massive party," Marshall said. "It's going to be a crazy party with tons of really good DJs and really good dancers."

7 The Fly Girlz have been performing locally for the past seven years.



► Edmonton's Fly Girlz are staging a fundraiser at Diesel Ultra Lounge on Thursday to raise cash for their upcoming appearance at the World Hip Hop Championships.

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AIRPORT DEATH INQUIRY

Inquiry in B.C. upsets Taser

A B.C. public inquiry's conclusion that a jolt from a Taser can be lethal wasn't based on all of the evidence and has hurt the manufacturer's business around the world, the company will argue in court this week.

Taser International

filed a petition demanding the findings be thrown out, and the case will be heard in B.C. Supreme Court starting today.

Commissioner Thomas Braidwood, who oversaw two sets of hearings following the death of Robert Dziekanski at Vancouver's airport, released a report last year that found Tasers can be fatal and their use should be restricted, although he also said they are a necessary tool for police.

THE CANADIAN PRESS

F3 tornado hit reserve: Official

Environment Canada says a tornado that destroyed homes and damaged others on a Saskatchewan reserve was more powerful than first thought.

A meteorologist with the federal agency said they're now estimating that winds during the F3 twister could have exceeded 300 kilometres per hour.

Previous estimates were that an F2 tornado, with winds up to 200 kilometres per hour, damaged dozens of homes and buildings on the Kawatooose First Nation southeast of Saskatoon.

THE CANADIAN PRESS

Queen gets a surprise gift in T.O.

A carefully co-ordinated visit by the Queen to a morning church service yesterday was thrown for a bit of a loop when a woman broke free of the waiting crowd and marched right up to the monarch.

Security appeared reluctant to physically stop the older woman who ambled up to the Queen and gave the monarch something in a black, plastic bag.

The Queen took the unplanned meeting in stride, smiling and chatting with the woman.

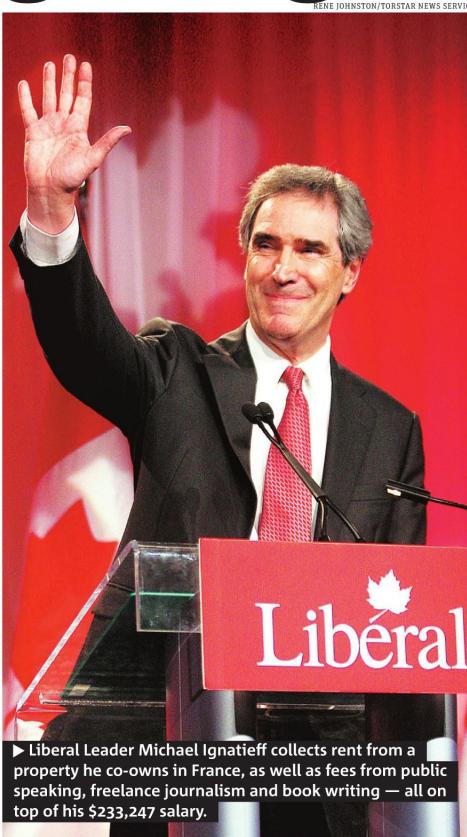
THE CANADIAN PRESS

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Nearly half of MPs getting some on side

► Liberal Leader Michael Ignatieff collects rent from a property he co-owns in France, as well as fees from public speaking, freelance journalism and book writing — all on top of his \$233,247 salary.

► Review shows 151 MPs receiving income outside of Parliament duties

Nearly half of Canada's members of Parliament are moonlighting, running businesses or collecting income above and beyond their six-figure salaries.

A review of recent disclosure statements filed with Parliament's ethics commissioner shows that 151 of 308 MPs are either receiving an outside income or have an ownership stake in an outside business.

The analysis for The Canadian Press found that 103 MPs are owners or part owners of businesses, ranging from fast-food restaurants, a bakery and wilderness tours to holding companies, farms or real estate investment.

The filings also show that 99 MPs each received over \$10,000 in income from outside sources in the previous year, in addition to their base salaries of \$157,731.

Forty-eight MPs collect pensions — most of them from governments. Another 51 listed income ranging from speaking and consulting fees to rental and farm income.

Moonlighting

The businesses and side jobs are as varied as the MPs themselves:

- MP Bruce Hyer owns Wild Waters Nature Tours and a wilderness shop.
- MP John Rafferty owns a communications and media recording business.
- Conservative MP Joe Preston owns a Wendy's restaurant and an interest in a Boston Pizza.
- Liberal MPs Justin Trudeau and Kirsty Duncan earn money from speaking engagements.
- Bloc Québécois MP Daniel Paillé lectures at the Ecole des Hautes Etudes Commerciales.

Fifty-one MPs listed both outside income and outside business interests. Even two of four party leaders in the House of Commons list outside interests.

NDP Leader Jack Layton and Liberal Leader Michael Ignatieff both list outside interests.

THE CANADIAN PRESS

Afghan war a 'contest of wills': Petraeus

"We are in this to win," Gen. David Petraeus said yesterday as he took the reins of an Afghan war effort troubled by waning support, an emboldened enemy, government corruption and a looming commitment to withdraw troops even with no sign of violence easing.

Petraeus, who pioneered the counterinsurgency strategy he now oversees in Afghanistan, has just months to show progress in turning back insurgents and convince both the Afghan people and neighbouring countries that the U.S. is committed to preventing the country from again becoming a haven for al-Qaida and its terrorist allies.

"We are engaged in a contest of wills," Petraeus said as he accepted the command of U.S. and NATO forces.

THE CANADIAN PRESS

News in brief**'Let him eat! Let him eat!'**

NEW YORK. A Japanese eating champion who sat out this year's Coney Island Fourth of July hotdog contest apparently couldn't resist the temptation to hotdog afterward.

Competitive eater Joey (Jaws) Chestnut gobbled his way to a fourth consecutive championship yesterday. But he was suddenly upstaged by the surprise appearance of his biggest rival — six-time champion Takeru Kobayashi, who did not compete but crashed the stage after

Chestnut's win and wrestled with police.

"Let him eat! Let him eat!" the crowd chanted as police handcuffed the world's No. 3 profession eater, dubbed "the Tsunami."

The 32-year-old Kobayashi did not eat this year because he refused to sign a contract with Major League Eating — the fast-food equivalent of the NFL. On his Japanese-language blog, he said he wanted to be free to compete in contests sanctioned by other groups.

THE ASSOCIATED PRESS

What's next? A ban on beer?

GERMANY. Smokers heading to Germany's famous annual beer festival, Oktoberfest, will be stuck lighting up outside after voters yesterday supported a total smoking ban in Bavaria for restaurants, bars, cafes and beer tents.

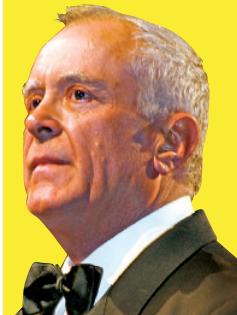
Sixty-one per cent of voters supported the ban, which will take effect on Aug. 1.

THE ASSOCIATED PRESS

TIME TO LOOK IN THE MIRROR EDMONTON

Urban Compass

TERENCE HARDING



Whenever I visit Toronto, I'm always struck by how different it is from the city in which I grew up. Whether you like Toronto or not, you can't deny that it's a vibrant city with no lack of things to do for entertainment. What a change from the 1950s and '60s when "Toronto the Good" was perhaps the most boring city on the planet.

However, another title Toronto had, and one it earned, was "The City That Works." It may not have been overly exciting, but it did offer a tremendous transit system, roads in good repair, and effective police, fire, sanitation and water services. It even cleaned all the sidewalks of snow in the winter. And it did all that without having punitive civic taxes and a plethora of special levies and fees.

The fact that Toronto was well run made people start to pay attention to it. The smooth functioning of the city made it a good place to do business and an attractive place to live. There is something for Edmonton to learn from that.

Instead of trying to "put ourselves on the map"

"Instead of trying to 'put ourselves on the map' through artificial means such as an Expo and an Indy, we should just buckle down and devote our time, effort and resources to being the best city we can be ..."

through artificial means such as an Expo and an Indy, we should just buckle down and devote our time, effort and resources to being the best city we can be — not for others, but for ourselves.

A good first step would be to stop expanding ever outwards and begin a densification of the neighbourhoods close to the city centre. We must stop creating new suburbs replete with infrastructure we cannot maintain.

We should also make a real commitment to affordable rapid transit.

Transit should be the one area that is not subject to fee hikes in a desperate effort to balance an ever expanding city budget. Affordable, easily accessible transit should be one of the perks of living here.

We should also make this a truly bike-friendly city. That would mean doing a whole lot more than putting in a few bike lanes.

If this city is going to realize its potential to be interesting, unique and eminently livable, we are going to have to work at it full time. Let's set some specific short- and long-term goals and achieve them. Let's stop spreading ourselves so thinly that nothing we do seems to make a difference.

Edmonton is a good place to live. We could make it a great place to live.

Cartoon

IF YOU CLAIM ME AS A DEPENDENT, WE MAY QUALIFY FOR AN HST REBATE.



Noteworthy

No recall needed: Hair in jam planned

The Royal hair? Jam made from one of Princess Diana's hairs has been selling strong at an art exhibition in London.

Sam Bompas, who founded catering company Bompas and Parr, said a tiny

speck of the late Princess of Wales' hair has been infused with gin, then combined with milk and sugar to make the preserve, which tastes like condensed milk.

Bompas said he bought the hair off eBay for \$10 from a U.S. dealer who collects celebrity hair.

THE ASSOCIATED PRESS

Enjoy home ownership

Letters & Tweets

TORONTO. I would like to take this opportunity to clarify some information related to David Descoteaux's article on July 2.

The actual amount of mortgages currently insured by CMHC is approximately \$480 billion, well below the approved limit. CMHC manages its mortgage insurance business at no cost to Canadian taxpayers, through sound business practices that ensure commercial viability without having to rely on the Government of Canada for support, even in less favourable economic times. Canada's prudent

Managing mortgages



lending and mortgage insurance practices have allowed Canadians to continue to enjoy the benefits of home ownership.

KAREN KINSEY, PRESIDENT AND CEO, CANADA MORTGAGE AND HOUSING CORPORATION

EDMONTON. While on the LRT last week, I realized the Metro I had picked up was different.

Sifting through I discovered a brand new layout that was intriguing and creative. What I can say initially is that it seemed there was a whole lot more — all the different font sizes and coloured columns seemed to multiply the amount of news inside.

I really enjoy it.
GARY HUITSING

Who is your choice to win the World Cup?

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Metro has the right to edit letters and submissions.

Metro Minute with Timeland at AGA

Check out Alberta's creative elite as part of the Timeland exhibition at the Art Gallery of Alberta.

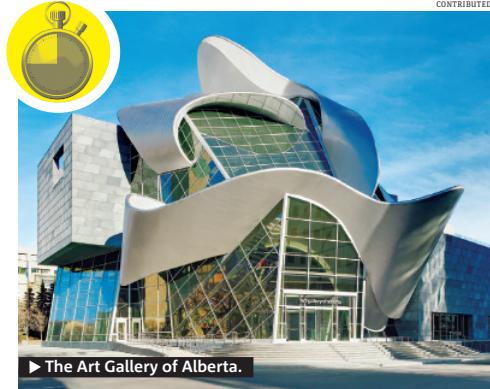
Timeland speaks to a geography of the past and the future, the old and new. As a theme for the 2010 edition of the Alberta Biennial, curated by Canadian art editor and independent curator Richard Rhodes, it is also a concep-

tual guide for an exhibition that blends both emerging and established generations of artists to create a snapshot of the vitality of the contemporary Alberta art scene.

The AGA is located at 2 Sir Winston Churchill Square.

For more information, visit www.youraga.ca.

• METRO EDMONTON



► The Art Gallery of Alberta.



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CONTRIBUTED

Shyamalan seeking his own Harry Potter

► The Sixth Sense director hopes he's on the cusp of a hit franchise with The Last Airbender
 ► Fantasy picks up second spot at the weekend box office with \$40.65 million in sales

STEVE GOW
FOR METRO CANADA

With The Last Airbender, M. Night Shyamalan challenged himself not with devising the original twist endings his movies have become synonymous with. Instead, this test required realistically animating the elements — fire, water, earth and air.

"I was most apprehensive about fire because I've never seen fire look good on film," said the Oscar-nominated filmmaker in New York. "But it turned out water was the most difficult. It's very labour intensive, each use of it is so specific and different and so scrutinized."

And scrutiny is something Shyamalan is familiar with. After becoming Hollywood's golden boy manufacturing mindbenders like The Sixth Sense and Signs, Shyamalan's latest films (Lady in the Water, The Happening) were mostly roasted by the critics.

By turning his attention to proven source material — the animated TV series Avatar: The Last Airbender



► M. Night Shyamalan has plans of box-office domination with his adaptation of the animated TV series, The Last Airbender.

— Shyamalan is hoping he's on the cusp of a hit franchise.

"What was great was that I (discovered) it before anyone knew about it," admitted Shyamalan of the cult show he latched onto three years ago.

"I'd tell my agent, 'I keep making my thrillers and I love those but if I'm ever going to do anything,

Hits and misses

► **The Sixth Sense (1999)**
Nominated for six Oscars, this thriller is considered one of the best American films ever made.

I want you to find me Harry Potter before its Harry Potter. Or find me The

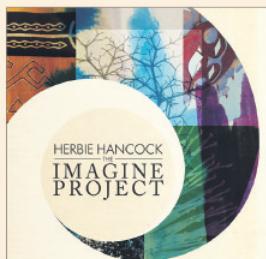
Lady in the Water (2006)

A major box-office stumble, critic Lisa Schwarzbaum called this "Shyamalan's most alienating and self-absorbed project to date."

DaVinci Code or Jurassic Park before it becomes a (blockbuster franchise) so I

can become a part of its genesis and incorporate myself into it."

Whether The Last Airbender will spawn sequels still remains to be seen but weekend box-office numbers bode well for Shyamalan. Airbender finished second behind The Twilight Saga: Eclipse with nearly \$41 million in ticket sales.



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Wonder Woman gets a new look

- New "hipster" less-patriotic clothes blasted by some, loved by others
- 69-year-old character gets also gets a new back story to revive franchise

She's been ruined! Covered up! De-patriotized! You call that chic?

Wonder Woman's new wardrobe change — goodbye, star-spangled hot pants! — is a generational twist that has comic fans searching for meaning, and DC Comics searching for higher sales.

The change came this week, when the publisher put out its 600th issue in the 69-year-old Wonder Woman saga. It not only updates the look of this beautiful Amazon with the superhuman strength, the indestructible bracelets and the magic lasso — it changes her back story, too.

What's really gotten some purists going is the costume.

Gone are



the ample red bustier, star-flecked hot pants and red knee-high boots, a 1940s pinup look that Lynda Carter brought to life in the 1970s TV series.

Now, Wonder Woman, aka Diana Prince, wears black leggings or tights. She sports a motorcycle jacket and little bootie-like shoes. Her tiara is there, but mostly covered by her flowing hair. She looks less like Wonder Woman and more like a modern-day urban hipster. Whatever the reasoning for the change, complaints have been coming fast and furious.

"She's gone from Paris to Poughkeepsie," noted fashion publicist and MTV reality show habitue Kelly Cutrone. "She's a superhero!"

This is NOT a good fashion look."

Not all fashion followers were dismayed with the new look.

"I'm actually not a comic fan, but I have to say the new outfit is pretty fabulous," said Jimmy Contreras, a boutique owner in Philadelphia.

Feminist author and icon Gloria Steinem, who embraced Wonder Woman as a role model, isn't too upset with the clothes. It's the story change she really dislikes. Before, Wonder Woman had been raised on an island by her Amazon mother and sisters. Now, that island was destroyed when she was a baby, and she was shepherded off, to be raised elsewhere.

Story change

Why make big story changes and introduce a new look for Wonder Woman?

► DC Comics is clearly hoping the new Wonder Woman will bring in a whole new audience. The company won't give out sales figures, but DC Comics co-publisher Di Dio acknowledged that Wonder Woman, despite her place in the "triumvirate" of most important comic superheros along with Superman and Batman, sells less than those two.

► "We're really hoping to grow our fan base, and really re-establish her as one of the premier superheroes in comics," he said.



► Wonder Woman's new look



rider
Enjoy the Ride.

Timberlake creating scents

Popstar Justin Timberlake launched the female version of Givenchy's perfume Play in Paris. Metro talked to him.

What is a popstar from Memphis doing pushing perfume in Paris?

I'm a creative person. I like to develop other senses than my ears.

And to earn money? I don't have to do this for the money and I'm not interested in being the face of a brand. I just think it's fun to learn how to bring a perfume to the market. And Givenchy is a legendary name for me, because my mother admired Audrey Hepburn, the muse of the brand, very much.

You have two versions of Play for her. Why?

Because women, just like men, have different moods. At times, they can be beasts and then they want a spicy, bestial scent. At other times, women are more relaxed and they would like

"I always make sure that I'm surrounded by friends I have known since before I got famous."

JUSTIN TIMBERLAKE

to have a lighter, more floral perfume.

Recently, you made the video for Life Without You with Holland's Esme Denters. What do you think of her? Esme is a true talent and very funny, and very soulful. She's still very young, but she's like me in my younger days, enterprising and not afraid. I like that. Her voice is very American, but her character is very European.

What do you mean, European? Europeans don't have an attitude. You are very well able to separate work from your private life. You have to be able to do that, otherwise you'll go mad.

Are you good at it?



► Justin Timberlake

I try to. I always make sure that I'm surrounded by friends I have known since before I got famous. That's how you remain level-headed. And my mother is a very common sense person.

She must be very proud. Yes. Especially, because I got over my timidity. My mother said that until I was eight-years-old I only knew what my sneakers looked like. I always walked

around with my head down. But when I discovered the stage at school, a monster came out.

And now you've sold 17 million records, have your own clothing line William Rast and your perfumes. Are you satisfied?

It can always get better. And then I don't mean that I want to make more profit. I like to work with people who are passionate about

their business. It's not easy being Justin Timberlake, with all the attention, but I feel privileged.

You are working on a comedy with your ex-girlfriend Cameron Diaz. Doesn't Jessica Mind?

What can I say? Cameron and I share the same sense of humour and I enjoy working with her. With Jessica I share other things.

● METRO WORLD NEWS

TV watch list

White is Hot in Cleveland

COMEDY Betty White's new comedy series, *Hot in Cleveland*, arrives in Canada tonight. The 88-year-old plays the fiery caretaker of a house that's rented out by three best friends from Los Angeles who decide to stay in Cleveland after their Paris-bound plane makes an unexpected landing there. (CTV)

40 years later

DOC. Canadian filmmaker Sarah Polley narrates *40-Year Secret* on *The Passionate Eye*. Featured is an Ontario couple who gave up their baby for adoption. Four decades later, they rekindle their romance and search for their child. (CBC News)

● METRO WORLD NEWS

Quileute Nation revels in Twilight Saga spotlight

The leader of the Quileute Nation in northwest Washington first began hearing her tribe had a role in a popular series called the Twilight Saga from fans clamouring to know more about the place where a vampire tale of teenage love unfolds.

"The interest in our tribe was a surprise, a good surprise," tribal chairwoman Anna Rose Counsell-Geyer said.

"I thought to myself, people are going to actually get to know the Quileute and we are going to be recognized as a people. The real Quileute."

That was a couple of years ago. With Eclipse, the series' third movie in theatres now, the 750-member Quileute Nation is reveling in the Twilight spotlight, attempting to capitalize on the blockbuster's massive financial pull and welcoming new interest in the tribe's culture.

At their Oceanside Resort, the tribe is opening a cabin decorated in a wolf theme, a shout out to Ja-

"The interest in our tribe was a surprise, a good surprise."

ANNA ROSE COUNSELL-GEYER

cob Black and the Quileute's own origin story, which begins with a transformation from wolves to people.

At a Quileute store in the reservation town of La Push, handmade beanie hats with "Jacob" stitched on them sell for nearly \$35. There's also a Jacob's Java espresso stand.

"This is historical. This is going to be imprinted on people's lives for generations to come," Counsell-Geyer said.

The Quileute's homeland serves as the backdrop to author Stephenie Meyer's saga, with the stunning imagery of rocks and cliffs rising along the Pacific Ocean.

Four hours west of Seattle, the Quileute reservation is on the far and remote side of the rain-soaked Olympic Peninsula.

The reservation's boundaries are confined within a square mile.

In the movies and books, the tribe's folklore is meshed into the role of the Wolf Pack, a group of young Quileute men who shapeshift into wolves. Jacob and other Wolf Pack members guard the reservation from vampires.

For Chris Eyre, a Cheyenne and Arapaho filmmaker, the key aspect of the Twilight series is that it shows Native Americans in a contemporary light.

The Twilight Saga marks a departure from Hollywood's long tradition of portraying Native Americans as a people from the past. In Eclipse, Jacob's friends emerge from a small house in their opening scene shirtless and wearing shorts — a now-signature look for the Wolf Pack.

"I think as long as the werewolves aren't wearing loincloths, it is a good step forward," Eyre said from Los Angeles.

THE ASSOCIATED PRESS

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Paris' pal takes rap for pot bust

► Heiress and former Playboy playmate arrested during World Cup soccer match in South Africa ► Just a 'misunderstanding' Hilton's publicist claims

Socialite Paris Hilton took some of the spotlight from the World Cup after she was arrested on suspicion of possession of marijuana, then had the case dropped at a midnight court hearing.

Hilton appeared in a FIFA World Cup courtroom after being arrested during the second half of a quarter-final match between Brazil and the Netherlands, won 2-1 by the Dutch, at Nelson Mandela Bay Stadium in Port Elizabeth on Friday.

The authorities dropped the charges against Hilton, after her co-accused and a former Playboy playmate of the month, Jennifer Rovero, "acknowledged to be in possession of cannabis, and pleaded



guilty," said Brig. Sally De Beer, a spokeswoman for South African police.

Rovero, 31, from New York, was sentenced to a fine of 1,000 rand (\$130) or

30 days imprisonment, De Beer said. Police said Hilton and Rovero were taken into custody after officers could smell whiffs of cannabis coming from their direc-

tion, while they were outside the stadium.

A publicist for Hilton said the incident was a "misunderstanding."

THE ASSOCIATED PRESS

Celebrity tweets



Ian McEwan

[@ianmackellen188] I
met at WETA when "The
Hobbit" starts shooting. Re-
ply? "You tell us."



Jeremy Piven

[@jeremypiven] If you are
at a coffee shop an order a "caramel
drink with no coffee, sugar
free without dairy and cold
without ice" it's a problem.



Amanda Bynes

[@chicky] I'm thankful
I'm not a
man. I love men and I feel
for them since it seems like
a tough job.



Lindsay Lohan

[@lindsaylohan] Just
saw Ellen
Page in a mini coop... She's
so pretty!

Etheridge seeks joint custody

Melissa Etheridge has filed papers to officially dissolve her domestic partnership with Tammy Lynn Michaels, according to *Hollyscoop*. The singer announced in April that they were splitting up. According to the filing, Etheridge is seeking joint custody of the couple's 3-year-old twins. ■ METRO NEWS SERVICES

Lohan gets a punch for her bday

Lindsay Lohan's birthday celebrations got off to a rocky start when she was punched in the face by a waitress at a Hollywood nightclub. "A waitress just hit me," she posted on Twitter. "Punched me for no reason." The waitress in question, Jasmine Waltz, claims she's innocent. ■ METRO NEWS SERVICES

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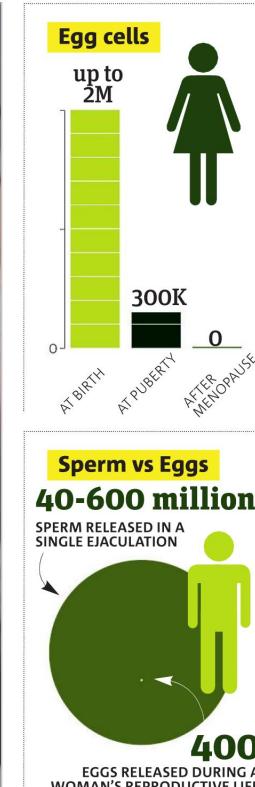
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Failing to conceive? Don't blame woman

- One in seven couples have trouble conceiving, half of them because of faulty sperm.
- Now doctors have even developed an at-home sperm test kit.

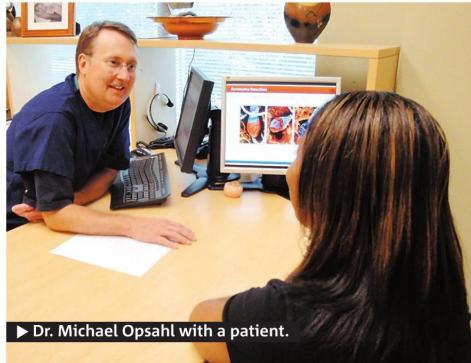


 **ELISABETH BRAW**
METRO WORLD NEWS

Michael Opsahl spends most days talking about sperms and erections. The Seattle gynecologist helps couples who can't conceive because of the husband's poor sperm.

"Couples come into my office and think the problem is the woman's fallopian tubes, but when I examine them I often discover that the man's sperm is as bad as the woman's tubes", says Opsahl.

"Forty per cent of infertility cases can be attributed to men. I tell my patients that making a baby is a team sport. But some feel that having their sperm checked is a threat to their masculinity."



"I tell my patients that making a baby is a team sport. But some feel that having their sperm checked is a threat to their masculinity." DR. MICHAEL OPSAHL

lion sperms per milliliter have poor chances of conceiving.

Conception is also affected if the sperms swim slowly or are of poor quality.

"But in 90 per cent of the cases, the problem is low sperm count", explains Professor John Herr,

director of the Center of Contraceptive and Reproductive Health at the University of Virginia.

"If a man has less than five million sperms per milliliter, it affects his ability to conceive."

Many different factors are to blame: extreme sports, hot baths and

saunas, radiation, toxins, and alcohol.

"Alcoholics can have babies, too," notes Opsahl. "But alcohol kills sperm. I've had several couples where the gave up alcohol and his wife promptly got pregnant."

Because sperm wander down to the testicles, where they're more exposed to the temperature outside the body, even changing underwear can make a man more fertile.

Men wishing for babies should wear boxers instead of briefs. While you're at it, keep that warm laptop off your lap.

Men whose sperm fails to fertilize their wives' eggs are initially recommended to change their lifestyles.

If they still don't conceive, doctors can harvest their sperm and artificially inseminate an egg.

"When it comes to conceiving, medical technology is men's friend," says Opsahl.

"I always tell men that poor-quality sperm has

nothing to do with their sexuality. The only men we can't help are the ones who have no sperm at all."

Still, having a doctor examine one's sperm can be humiliating.

That's why Herr's team has developed a sperm test, called SpermCheck, that allows couples to check the man's sperm on their own.

SpermCheck functions the same way as a home-pregnancy test. It recognizes protein that's part of the sperm-head but doesn't exist anywhere else in the body.

Using SpermCheck, couples can find out whether the man reaches thresholds of five million and 20 million sperms per milliliter.

"Now couples can test their fertility in the privacy of their homes," explains Herr.

"And remember that in many countries infertility is a cause for divorce. This test can lead to greater gender equality around the world."

3
life

Up and down

What dads-to-be should eat

Eat plenty of whole-grains. They're a good source of magnesium, which may help prevent sperm from sticking together. They should also increase their fruit and vegetable intake from five to eight portions per day. Oily fish like sardines and anchovies help the sperm swim faster.



What to avoid

Drinking more than one cup of coffee per day decreases fertility by 50 per cent, as does consuming more than five units of alcohol per week. The decrease has been shown as the partners taking twice as long to fall pregnant.

NUTRITIONIST YVONNE BISHOP-WESTON

Moroccan Chickpea Salad

- Easy to make healthy treat
- Works well with a filling soup

Ingredients:

- 1 stalk celery, diced
- 1 green pepper, diced
- 1 med. tomato, diced
- 1 med. onion or 6 green onions, diced
- 1 can chickpeas, drained (190g)
- 1/2 cup feta cheese
- Dressing:**
- 2 tbsp olive oil
- 3 tbsp red wine vinegar
- 2 tbsp fresh lemon juice (about 1/2 lemon)
- 1 tbsp fresh parsley
- 1 tsp fresh mint
- 1 tbsp & 1 tsp dried ground cumin
- salt & pepper to taste

Preparation:

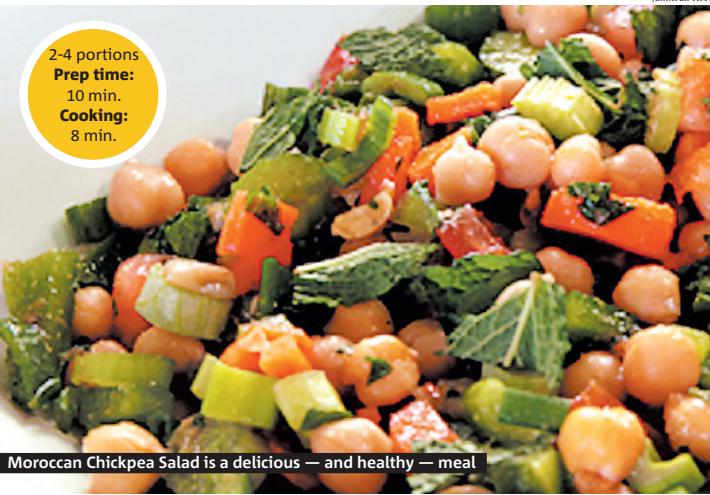
- 1 Toss diced vegetables & drained chickpeas.
- 2 Stir dressing ingredients together. (Dressing will look thick and "muddy").
- 3 Pour over veggies and toss.

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No eating, no problem for Ebert

- Movie critic writes cookbook about rice cookers despite not being able to eat anymore

Cancer may have robbed Roger Ebert of the ability to eat, but it won't stop him from dishing out cooking advice.

Four years after cancer surgery left the famed film critic unable to speak or eat, Ebert is publishing a cookbook dedicated to rice

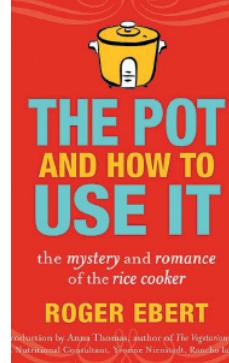
cookers, a kitchen appliance he lovingly calls The Pot and champions as an answer for those strapped for cash, time and counter space.

"To be sure, health problems have prevented me from eating," Ebert writes in the book. "That did not

discourage my cooking. It became an exercise more pure, freed of biological compulsion."

The idea for the book came after a 2008 blog post he wrote about rice cookers prompted hundreds of comments, with many readers including their favourite recipes. "I think I was somewhat frustrated by not being able to eat and I wanted to live vicariously," the 68-year-old said during an interview at his Chicago home, his laptop computer speaking his typed answers.

The book includes many of those comments, as well as more than two dozen recipes for dishes such as chili, risotto, jambalaya and oatmeal — Ebert's favourite. He took a witty and funny tone when writing it; he says he didn't want it to sound too specialized or difficult.



"To be sure, health problems have prevented me from eating. That did not discourage my cooking. It became an exercise more pure, freed of biological compulsion."

ROGER EBERT

Rice Cooker, will be released Sept. 21.

Ebert even says in his book that he wrote it "simply to establish that I enjoy cooking." Chaz Ebert says though her husband doesn't cook as much as he used to, he still spends time in the kitchen. She said he chops apples into thin slices for her. Ebert explains it more simply saying the reason he cooks: "Satisfaction." THE ASSOCIATED PRESS

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Superfood: Chai Seed



The tiny Chia seeds contain vital anti oxidants and have been shown to improve overall endurance and stamina levels making them the perfect snack when working out. When the seed is placed in water, the shell opens up and can absorb up to nine times its volume in water, making them a great source of internal hydration. The equivalent of one tablespoon of chia seeds was believed to sustain an Aztec warrior for an entire day.

● ROMINA MCGUINNESS/
METRO WORLD NEWS

Fishing for today, to fish for tomorrow

► With 70 per cent of the world's fish stocks threatened by over-fishing it's not always easy to know what's good for the planet.

 **JESSICA CARLESON**
GREEN@METRONEWS.CA
METRO WORLD NEWS IN LONDON

In 1997, WWF and Unilever realized the need for an eco-label and international certification of sustainable seafood. They teamed up to create the Marine Stewardship Council (MSC) which offers an accreditation scheme for fisheries worldwide.

Those who pass get to stick the MSC logo on their products, which tells the customer this is sustainable seafood.

Over the last three and a half years the number of fisheries entering the program has doubled every year.

"Fisheries are starting to see this as something that's really useful. For those who are sustainable to start with it's a great way of demonstrating that to the world," says James Simpson, who works for MSC in London.

Changing to sustainable fishing practices is not cheap.

"In the short-term it is obviously more profitable to just fish unsustainably and catch everything and not care about by-catches, but that is not a long-term and sustainable way forward for the industry," says Simpson.

But there are several charitable trusts which are prepared to sponsor an assessment for sustainable fishing. If you can't find the MSC-logo, you can always ask your store.

"Asking makes a huge difference. As soon as the customers start asking for sustainable seafood they'll



► 88 fisheries have been certified by MSC and 213 are engaged in the MSC program

"In the short-term it is obviously more profitable to just fish unsustainably but that is not a long-term and sustainable way forward for the industry"

JAMES SIMPSON

start asking their suppliers," says Simpson.

Without it, the UN estimates that 40 million tonnes of food will be required from fish farms by 2030 to feed the world's population.

Know your fish



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- msc.org has lists of sustainable fish, recipes and a directory of suppliers in Canada
- WWF has wallet-sized guides for several countries covering which species you can eat with a clean conscience and which you should avoid at panda.org — search for Seafood Guides

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FIRM ANSWERS TO PLASTIC PROBLEMS

QUESTION:

I'd like to know if plastics are safe to microwave and if so, how can I tell?

Justine from Vancouver, B.C.

The answer is simple: Do not microwave plastic containers or plastic wrap, ever. Heating up plastics can cause phthalates (a toxic petroleum derivative) to

leach into your food.

Instead, reheat last night's dinner in glass or ceramic dishes. Safely cover food with a plate or lid to avoid polyvinyl chloride (PVC) plastic wrap and to prevent a mess in the microwave.

Also, check for cracks and scratches. Damage like this will ruin leftovers because toxic chemicals can leach out. A plastic diet will help you reduce your exposure to toxins and lighten your environmental footprint.

Pelicans caught in the slick

JESSICA
CARLESON
GREEN@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The BP oil spill is the biggest environmental disaster ever to have hit the US

► The BP oil spill threatens the Brown Pelicans, which just came off the endangered list

on the oil spill alongside other wild life organizations and volunteers. The Brown Pelican has

been a huge impact on these birds. They are on their nests now so their young are also smeared with oil."

The reason so many Brown Pelicans are seen completely covered with oil is the way they fish.

Viles said: "They are plunge feeders. They plunge through the surface for food and they can't discern between an oil covered

oiled birds actually is humane or worthwhile.

The survival rate among cleaned birds is low.

But conservationists stress that for an endangered species every surviving animal counts, and it's also an ethical obligation to clean up a man made threat to the

species of sea turtle that live in the Gulf. Viles believes the number of oiled turtles is higher, and the worst is still to come for the sea turtles.

"In August they will be on their nests," he

says.

And the list goes on. Sperm whales, the highly endangered blue fin tuna, dolphins, seabirds etc.

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and efforts to save the unique and fragile wildlife are intense.

The Gulf Restoration Network has worked for 15 years exclusively on protecting the wetlands, preventing risks and promoting clean, safe waters and sustainable fishing. Now they've dropped everything else to devote all resources

come something of a poster bird for the wildlife rescue efforts.

"And it had just been taken off the endangered list," said Aaron Viles, campaign director at organization The Gulf Restoration Network. "The oil spill has had

surface and clean water."

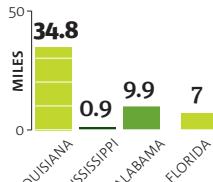
Seven hundred eight-five oiled pelicans had been taken in alive.

However, experts now debate whether cleaning

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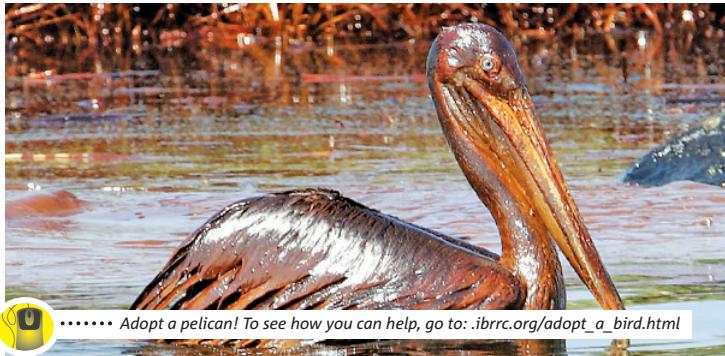
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Mileage
As of June 21, approx 52.6 miles of Gulf Coast shore line is experiencing impacts from BP's leaking oil.



36

National wildlife refuges are at risk from the BP oil spill. They are home to dozens of threatened and endangered species including West Indian manatees, whooping cranes, Mississippi sandhill cranes, wood storks and four species of sea turtles.



..... Adopt a pelican! To see how you can help, go to: ibrrc.org/adopt_a_bird.html


**"We
need to
be far,
far more
efficient**

**in clearing the oil
out at sea. I just
hope that will be
done."**

**AARON VILES,
CAMPAIGN DIRECTOR AT THE GULF
RESTORATION NETWORK**

Want to cope with stress at work? One author suggests you start yelling at a toaster or potted plant Despite the unorthodox approach, one psychologist agrees with this stress-buster



Go ahead, gripe, as long as you're alone

KEITH CARMAN
WORK@METRONEWS.CA

Badgering bosses, challenging colleagues and provoking partners. Everyone has stress and we all need to get it out somehow.

Most people tend to gripe away at a buddy or loved one but, as counselor and researcher Karla McLaren reveals in her latest CD/book, *The Language of Emotions — What Your Feelings Are Trying To Tell You*, people aren't always the best sounding board for our woes.

"Very few people have the time or energy to support us through our truly difficult emotions," she says. "If we start complaining to them, they'll try to stop us or fix the problem before we really know what the problem is."

McLaren has devised a

"Gripping should not be the only strategy for dealing with stress. It supports passivity and chronic dissatisfaction ... take action to improve (via) meditation, relaxation and exercise."

ROSS GRAY, PSYCHOLOGIST

privately cathartic practice she calls "conscious complaining," where you se-

lect an inanimate object and unload — like a wall or toaster.

Meditation



Finding personal peace is great but a lot of us just don't have the time to sit and meditate until the moment of clarity. That's why meditation specialist Sheevaun Moran has created her own series schedule-sensitive processes for emotional betterment.

► **Titles such as** *Clutter No More, Living Wealthy Prosperous and Ultimate Peace and Relaxation Meditation* are directed at a variety of needs, goals and stress levels all without hampering our already-taxed lives. "Learning to juggle the day-to-day stress of work, kids and relationships often means relaxation takes a back seat," she notes. "These guided meditations are short, sweet and will teach the seeker the art of relaxation and introspection."

KEITH CARMAN

While doing so, keep in mind five basic principles: Find a private place, start with an opening statement, let go completely, end with a ritual (bowing, shake it off) — and do it often.

While many may balk at the idea of carping about caustic customers to a cactus, even revered psychologist Ross Gray notes that conscious complaining is certainly not an unhealthy practice for both grumblers and supporters. "Gripping about work has some pressure-relieving quality and thus has a use — albeit limited — in managing stress. It has a more benign effect if not always directed at helpless loved ones. Similarly disenchanted colleagues make good griping company (while) potted plants hardly ever complain but may not grow as heartily."

8 career tips to be your own boss

Tamara Monosoff offers eight tips for becoming your own boss from her book, *Your Million Dollar Dream*.

1 Take a stand for yourself. If you are dissatisfied with your current circumstances no one will fix them — except for you. It doesn't do any good to blame the economy, your boss, spouse or family. Change can only occur when you make a conscious decision to make it happen.

2 Take the pressure off yourself. If you know you want to do something new, but don't yet know the "what" or "how" don't expect that you should know what that "thing" is or the steps for getting there.

3 Figure out the right business for you. What do you already know? What are you passionate about? Give yourself permission to explore.

4 Adopt a service mindset. Regardless of the type of business you choose, you need to be committed to serving others — customers, clients, employees, community and investors.

5 Create your plan. As you



write down your goals, strategies and action steps — your business becomes real.

6 Build a support network. You've made the internal commitment to your business. Now you need to cultivate a network of supporters, advisors, partners, allies, and vendors.

7 Get the word out. Be willing to say who you are and what you do with conviction and without apology. Embrace and use the most effective online tools available to broadcast your news.

8 Take care of yourself. This is an intense process and it takes hard work. Be diligent about scheduling time to de-stress. Walk, meditate, meet a friend — do whatever works best for you. ■ METRO

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Refining roomie relationships

While many students may not like their roommates, studies show it's worth it to stick it out. Some students may even be the better for it



College freshmen are often tempted to request roommate changes within weeks of unpacking. But a host of research data suggests that staying the course — barring abusive situations — is likely to have a positive effect on

students for years to come.

In a college roommate setting, tension could actually produce better results for students. For instance, most studies show that racial differences among roommates lead to more conflict. However, an important Ohio State University and Virginia Commonwealth

University study showed that mixed-race roommate situations resulted in better grades for African-Americans.

Moreover, a recent study found that most roommate situations get better, not worse, over a 10-week period. That same study presented evidence that a willingness to reveal weakness is a key factor in a good roommate relationship. Admitting to fears and shortcomings can create a healthy bond, even between extremely different personalities.

"Human weakness, I think, is really one of the only reliable facts of the universe," says John Mallinen, a counsellor. "We are all dealing with a lot of fear. When we are able to share that with another person, it's bound to create intimacy."

And that can begin —

The expert's take

► "I encourage students not to let Facebook be the source of first impressions since there's usually more to a student than what is posted on their online profile. Make time to talk on the phone and learn about each other."

WENDY PIPER, COLLEGE
DIRECTOR OF RESIDENTIAL LIFE

at least in small doses — online, before you meet, says Natalie Caine, founder of Empty Nest Support Services, a Los Angeles-based consultant.

"Make you let each other know you are excited and nervous so it shows some vulnerability," she explains. "Use humour, like saying you will bring ear plugs to share for snoring or late-night studies."



► A recent study shows that roommate relationships get better, not worse, over a 10-week span.

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‘Satisfaction’ for Nadal after win

► Nadal defeats Berdych to win second Wimbledon trophy

Rafael Nadal looked like a guy who absolutely couldn't wait to get out there, clutching his racket and hopping in place near the entrance to Centre Court before the Wimbledon final.

He jiggled his left leg, unable to sit still on the sideline. He even bopped around during the pre-match coin toss.

When it was finally time to start warming up, he zig-zagged to the baseline in a full sprint. And when it ended, Nadal marked his victory with a celebratory somersault.

That endless energy, and so many superb strokes, allowed the No. 2-seeded Nadal to outclass No. 12 Tomas Berdych of the Czech Republic 6-3, 7-5, 6-4 yesterday for his second Wimbledon trophy and eighth Grand Slam title overall.

A year ago, sidelined by painful knees, 2008 Wimbledon champion Nadal was planted on his couch at home in Spain and watched the final on television, only the fifth man in the history of a tournament that dates to 1877 who couldn't defend his championship because of injury.

“It was probably one of the toughest moments in my career,” Nadal said. “To return and win again here represents such personal satisfaction — everything I did to be here, all the work I put in to get back.”

What a journey, too. His 31-match French Open winning streak ended, he missed Wimbledon, went more than eight months without a title anywhere, lost the No. 1 ranking, and, hardest of all, dealt with his parents’ separation.

“Not easy,” he said.

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► Rafael Nadal bites the championship trophy yesterday after defeating Tomas Berdych at Wimbledon.

What a year

There is little doubt Rafael Nadal is the best player in tennis today.

► As of yesterday, Nadal is 47-5 with five titles in 2010, both tour highs. ► He won 24 matches in a row in one stretch, regained his Roland Garros title and the No. 1 ranking last month, and managed the tricky transition to

grass from clay by winning the French Open and Wimbledon in the same year for the second time.

► “He’s showing in the last few months that he’s really the champion,” said Tomas Berdych.

► Nadal’s eight titles at major tournaments push him past John McEnroe and ties Nadal with quite a heady group that includes Andre Agassi, Jimmy Connors and Ivan Lendl.

Big Red Mike captures Queen's Plate

FRANK GUNN/THE CANADIAN PRESS



► Eurico Rosa da Silva pumps his fist yesterday as he wins the Queen's Plate aboard Big Red Mike.

No matter how many Queen's Plate races Eurico Rosa da Silva wins, the second will likely always be the sweetest.

Rosa da Silva staked Big Red Mike to a wire-to-wire victory in the \$1-million race at Woodbine Racetrack yesterday. Included in the crowd of between 25,000 and 30,000 on the hot, breezy summer afternoon was the Queen, who made her fourth appearance at the Toronto track, but first since 1997. She presented the race trophy to Rosa da Silva and Big

Red Mike's connections in the winner's circle.

“I just told her I am so happy to see her, to meet her,” Rosa da Silva said. “It was a great feeling.”

“Winning the Queen's Plate is great, but doing it with the Queen here is so special. Very, very special day.”

Rosa da Silva claimed North America's longest continuously run stakes event for the second year in a row after winning the 2009 edition aboard Eye of the Leopard.

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Sports in brief

Petacchi wins Tour's 1st stage

CYCLING. Alessandro Petacchi of Italy won yesterday's crash-marred first stage of the Tour de France, with top sprint rivals and overall contenders such as Lance Armstrong delayed by the spills. Three crashes tangled up riders in the last few kilometres including a big crash within the last half-mile.

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4 sports

News in brief



1 Justin Rose wins the AT&T National by one shot.

2 Brazil coach Dunga and his technical staff fired.

3 Joe Johnson agrees to a max contract with the Atlanta Hawks, his agent says.



Scan code for sports news

Rough (and painful) start for Eskimos

► Lions' McCallum boots six field goals
► Season-opening loss leaves Eskimos trailing in standings

25	10
	
LIONS	ESKIMOS

The B.C. Lions literally took the boot to the Edmonton Eskimos in the season opener for both teams last night.

Paul McCallum booted six field goals as the Lions defeated the Eskimos 25-10.

"It was a nice way to start the season, absolutely," McCallum said.

The CFL record is eight field goals in a game, accomplished twice by Dave Ridgway.

The Lions join Calgary and Saskatchewan atop the Western Division standings at 1-0 with the Eskimos already a full game behind the other three teams at 0-1.

"We obviously wanted to play better than this and just didn't do it," said Eskimos quarterback Ricky Ray. "We just couldn't get into a rhythm. That's just not doing the little things. All through the off-season we talked about being

more consistent and we still have a way to go there."

Edmonton head coach Richie Hall echoed Ray's comments.

"Our overall play wasn't consistent enough," he said. "As a team, we weren't good enough to win a football game."

Edmonton had a rough start to the season.

After marching down to the Lions' one-yard line, the Eskimos took a couple of penalties before Ray was absolutely crushed by Korey Banks, fumbling the ball to Keron Williams.

"That was the turning point," Buono said. "That set the tone for the whole game."

Ray looked shaken up on the play, but returned for the next series.

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Notes

- The two teams also met in pre-season play as wide receiver Skyler Green hauled in a last-minute touchdown catch for a 36-32 Eskimos win.
- It was Edmonton's first game in their lavishly remodelled dressing room.
- Eskimos defensive end Greg Peach left the game with an ankle injury in the first quarter.



JOHN ULAN/THE CANADIAN PRESS

Hall expects to sign deal today

Taylor Hall expects to sign a deal with the Edmonton Oilers today.

The first-overall draft pick by the Oilers announced the likelihood of inking a deal heading into the team's developmental camp for young players in Edmonton beginning tomorrow.

"I'm pretty sure I'll be signing my contract (Monday)," said Hall, who attended the CFL's Edmonton Eskimos game against the B.C. Lions at

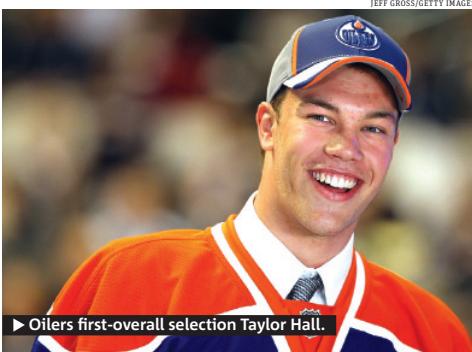
Commonwealth Stadium yesterday.

He also said he will probably not take No. 4 as his jersey number, in deference to Oilers president Kevin Lowe, but that he has not decided what number to take.

Hall's father, Steve, was signed by the Edmonton Eskimos as a receiver before being traded to Winnipeg.

He also spent time playing in Ottawa.

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Germany favoured

Germany is the team to beat as the World Cup comes down to four contenders, with Spain, the Netherlands and Uruguay looking for a way to beat a powerful squad that has peaked at just the right time.

With 13 goals in five games, Germany has sent home Argentina and England with ease, scoring four times in each of those wins. The three other semifinalists have been less impressive.

At the end of the first round, South American

teams were set to dominate the competition. Only Uruguay remains, with favourite Brazil falling to the well-organized Dutch.

Uruguay meets the Netherlands tomorrow and European champion Spain faces three-time World Cup winner Germany on Wednesday for places in the final.

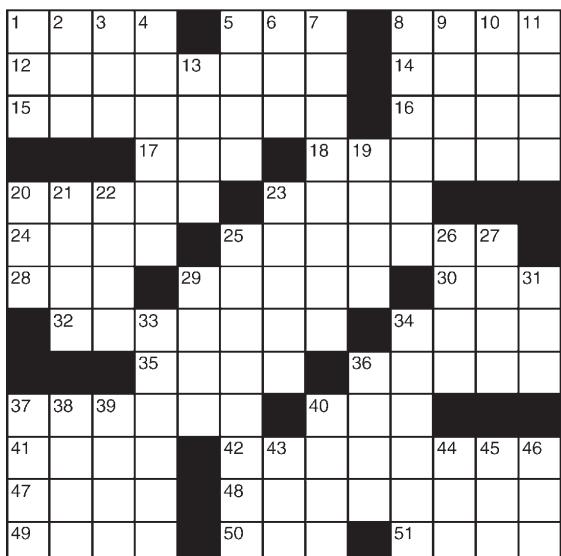
The Europeans and South Americans stand at 9-9 after 18 World Cups, so one of them is guaranteed to edge ahead in the July 11 final at Soccer City.

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Crossword

Across
 1 Basin accessory
 5 Greek cross
 8 Foretell
 12 Store VIPs
 14 Satan's specialty
 15 Internet ID
 16 Word with pool or pit
 17 Corn spike
 18 Husband-to-be
 20 Tall marsh bird
 23 Boring
 24 Small horse
 25 Fix the boundaries of
 28 Toss in
 29 Country estate
 30 Poorly lit
 32 TV oldie about the Carringtons
 34 Relinquish
 35 Bygone Peruvian
 36 Says grace, e.g.
 37 South China Sea sultanate
 40 Abu Dhabi's land (Abbr.)
 41 Mysterious letter
 42 15-Across partner
 47 Came down
 48 Paid attention
 49 Alluring
 50 Blunder
 51 Went away

Down
 1 Ostrich's cousin
 2 Existed
 3 Away from WSW
 4 Seldom
 5 Rip
 6 Branch
 7 So as to have a purpose
 8 Soothe
 9 Microwave, e.g.



10 Platter
 11 Otherwise
 13 Summertime pest
 19 Pelvic bones
 20 Resort
 21 Mary who married Abe
 22 Race place
 23 Rivermouth deposit
 25 Follower
 26 Thought
 27 Spruced up
 29 Barn-roof adorner
 31 French posses-

sive
 33 Octogenarian's next milestone
 34 Form of embroidery
 36 History
 37 Lingere items
 38 Legislation
 39 Alternative to Windows
 40 Cold War nation (Abbr.)
 43 Melody
 44 Single
 45 Ump
 46 Banned bug spray

► Yesterday's answer



Today's horoscope

Aries March 21-April 20 If you enjoy what you are doing then other people's opinions are completely irrelevant. You may get some negative comments but you will ignore them all with grand disdain.

Taurus April 21-May 21 You will be concerned with ideas and their practical applications today. However, if you insist that everything is thought out and planned in advance you may lose that spark of originality.

Gemini May 22-June 21 There are so many ways you can change your life for the better but one way in particular will stand out today. If it is something you can do with your friends so much the better.

Cancer June 22-July 22 Don't limit yourself to tried and trusted methods. Make the effort to explore new ways of doing things, especially on the work front.

Leo July 23-Aug. 23 The most important thing by far right now is that you stay true to your beliefs. Others may try to persuade you that your viewpoint is old-fashioned, and maybe it is, but it works for you and that's the only thing that matters.

Virgo Aug. 24-Sept. 22 According to the planets you have been ignoring certain warning signals and it could have an adverse effect on your earning power. Get your act together before it's too late.

For today's crossword answers and for expanded horoscopes, go to metroneWS.ca

Libra Sept. 23-Oct. 23 If you don't feel like mixing with other people today, then don't. Even Libra needs some personal time once in a while, so tune out the world and enjoy your own company.

Scorpio Oct. 24-Nov. 22 You can at times find it hard to think outside certain limits. However, there are things going on around you now that demand you take a broader view of life.

Sagittarius Nov. 23-Dec. 21 Today you could easily mislead yourself about something that seems unimportant but could have far-reaching consequences. Don't take anything on trust over the next 24 hours.

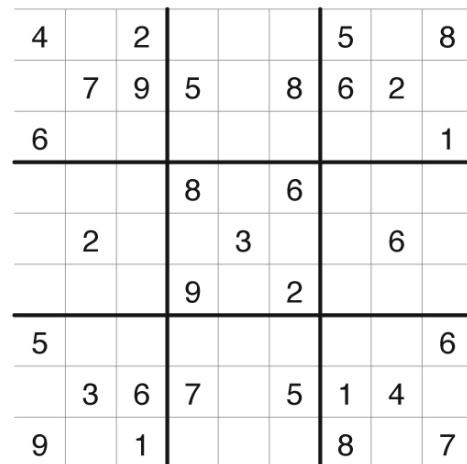
Capricorn Dec. 22-Jan. 20 Perfection is an illusion and the sooner you recognize that fact the better. By all means set yourself new goals over the next few days, but make sure they are goals you can actually reach.

Aquarius Jan. 21-Feb. 18 You may be bored with your lifestyle but things get shaken up a bit this coming week. However, whatever changes come about they are unlikely to be permanent.

Pisces Feb. 19-March 20 Your attitude towards money matters will change quite a bit today and tomorrow but that does not mean you can just forget about earning a living.

• SALLY BROMPTON

Sudoku



Send a KISS

Show some love! Send a note to somebody special at kiss@metroneWS.ca

Ann, you are the best!

BARRY WOOD

Y.E. have been fallen in luv wit u for over 400days! i luv u so much

S.W.

Anthony, I'm blessed to be in love with my best friend. Be mine forever?

NJR

I love baby. Happy 3rd Anniversary!!!!

YESE MIRA

Every night with you is like the first night over again, you are a incredible DJ babe, Happy Belated 1 year.xo

GEEK

You know I love and adore you booger face :p

YOURS TRULY, JESSICA.XOXO

Kiss for super hot guy Farhad G.

HOTGIRL

Michele McDougal  **Weather Specialist**
 "My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

4	1	8	7	3	2	9	6	5
3	6	9	4	5	1	2	8	7
7	5	2	9	8	6	1	3	4
9	2	7	8	6	4	3	5	1
6	4	3	5	1	7	8	2	9
1	8	5	3	2	9	7	4	6
5	7	4	2	9	8	6	1	3
2	3	6	1	7	5	4	9	8
8	9	1	6	4	3	5	7	2

A look at the weather

TODAY



Min 8°

Max 15°

TUESDAY



Min 9°

Max 23°

WEDNESDAY

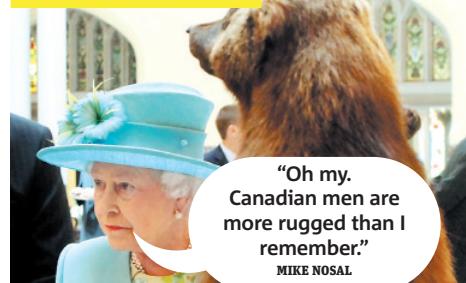


Min 11°

Max 24°

FRED CHARTAND/THE CANADIAN PRESS

Caption contest



You write it!

Write a funny caption for the image to the right and send it to play@metroneWS.ca — the winning caption will be published in tomorrow's Metro.



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"ONE OF THE BEST NEWS APPS"

"Really cool. Lets you read articles offline too!" — Real user review

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